



THE ONLY CHANCE LEFT TO SAVE A DAUGHTER'S LIFE

Out of options in Canada, Greta Marofke, 3, is forced to go to U.S. to seek treatment for rare liver cancer

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VICKY MOCHAMA

'This photo should render apparent there is no such thing as meritocracy'



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High 9°C/Low 7°C Showers

'A HUGE WIN'

Facebook reverses decision after years of removing Bedford artist's tattooed nipple photos

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Amber Thorpe of Adept Tattoo studios in Halifax.

JEFF HARPER/METRO

Replace 'substandard' asphalt with ...

FOREST HILLS PARKWAY

HRM looks for input on walking, cycling enhancements



Zane Woodford
Metro | Halifax

The municipality is looking for public input on replacing the "substandard" and "rudimentary" asphalt sidewalk along much of Cole Harbour's Forest Hills Parkway.

Halifax Regional Municipality is holding a meeting at Cole Harbour Place in the Westphal Room at 6:30 p.m. on Wednesday to hear input on walking and cycling enhancements to

the road between Main Street and Cole Harbour Road.

"For a long section of it, there's this very substandard narrow asphalt sidewalk," HRM active transportation supervisor David MacIsaac said. "We need to improve that anyway, so the question is what do we put in its place?"

Coun. Lorelei Nicoll said the road was originally designed as a gated emergency route for fire-

fighters but was turned into a controlled access highway — with a 70 kilometre per hour speed limit and a small, unmarked bike lane — in the mid-1970s when the area started to develop.

"They never really looked at the design properly. It just kind of evolved into what it is," she said. "I'm sure many people would like to see sidewalks on both sides, instead of a rudimentary asphalt

one on one side."

The road needs to be repaved in the next few years anyway, and MacIsaac said some conceptual design work is done. Staff will present some options Wednesday, including a wide multi-use pathway for pedestrians and cyclists, and traditional sidewalks and bike lanes along the whole street.

"We might even hear from the

public that it doesn't make sense to have bikeways on Forest Hills Parkway; just give us a multi-use path on the side, and that will meet all of our needs," he said.

"There might be something that no one's ever even thought about," Nicoll said. "That's why I'm always interested to hear what the public has to say, and hopefully they'll be more than just about the cars."



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The gift of giving back

DONATIONS

Student marks birthday by helping those in need



Cody McEachern
For Metro | Halifax

Breanna Ching walked down Gottingen Street late one evening carrying a large bag.

She saw a man sitting on the side of the street, cold and shivering.

"Do you need any clothing?" she asked.

The man looked at his feet, barely covered by a pair of torn up boots.

"Do you happen to have any shoes? My feet are frozen," he said.

She dug around the bag filled with old clothing, and pulled out a pair of sneakers.

The man tried the shoes on and began to cry.

"They fit perfectly," he sobbed.

For some, the best birthday gift is a new phone or a night out — but for Ching, the best gift was one of giving.

A month ago, Ching had asked her friends and family to donate old clothing for her birthday to give to homeless shelters and people around Halifax.

She had done this the year before, but this time word of what she was doing got around.

"It started with just word of



Second year Dalhousie sciences student Breanna Ching decided to collect donations for the poor for her birthday. JEFF HARPER/METRO

mouth," said Ching.

"I told my friends and family, then it got a lot of attention and random people started making arrangements to drop things off."

Soon Ching's apartment was full of clothing people donated, and others started making e-transfers for donations.

In the end, she had 400 items of clothing, and \$325 in donations with more coming in.

After visiting people on the street, she took the donations and split them between the Salvation Army, Metro Turning Point, and Souls Harbour Res-

HOW TO HELP

Those interested in donating can email Ching at shrm2017@hotmail.com.

cue Mission.

Although she only planned on collecting donations for her birthday, people still want to donate.

"Donations are still coming in so I'm not going to say no. All of these seemingly insignificant things we have lying around our house can serve a huge purpose

for those who need them."

Ching has used her birthday as a way to work with charities since she was sixteen, and began after receiving a gift from someone she knew while sick in the hospital.

"When I was sick, someone brought me a sunshine box, which was a yellow box filled with yellow items," she said.

"It had a bunch of items inside to make me happy, which changed my entire week, it took me away from feeling sick and I thought 'I could do this for other people.'"

The experience of helping

people and working with charities changed the fourth year Dalhousie student's career path, shifting her toward social work over the medical field.

"I thought I was destined to be a nurse, but as I have been doing this project and spending a lot of time with the homeless population, I realized their need for someone to be their social advocate," she said.

Ching is still collecting donations, and plans to continue her tradition of giving back on her birthday.

"I couldn't imagine doing my birthday another way."

STUDENTS

Air quality concerns at school amid demolition



Zane Woodford
Metro | Halifax

Students were kept inside during recess and lunch at Shannon Park School on Tuesday over "questions and concerns regarding debris and air quality" from the nearby demolition of Shannon Park.

A letter from school principal Angela Yerxa-Weeks sent home to parents on Tuesday says the administration contacted Canada Lands, the Crown corporation that owns the land; Dexter Construction, the company doing the work; and Nova Scotia Environment after those questions and concerns came to their attention.

"We have been given every assurance that the deconstruction process is following all safety standards prescribed by NS Occupational Health and Safety and NS Environment standards," Yerxa-Weeks wrote.

The letter goes on to say that all air quality samples taken have been within acceptable limits, and Canada Lands has "guaranteed" that it will share future results with the school.

Demolition has been going on at Shannon Park for more than a year, clearing out the former military housing to make room for redevelopment.

Yerxa-Weeks' letter says more demolition is expected to buildings behind Sioux Road, "directly across" from the school's playground, next week, and children will be kept off the playground.



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POLITICS

MackKay weighs in on Conservative race

Peter MacKay isn't picking favourites when it comes to the Conservative leadership race.

"I'm staying neutral in the overall race. At least that's my intention at this point," the former Central Nova MP and cabinet minister said in a phone interview Monday.

While he's not in the race, MacKay said many of the candidates have come to him asking for advice because of his experience as a former leader of the PC Party and cabinet minister for the Conservative Party.

He has an affinity for people with ties to his home province such as Lisa Raitt, who has Nova Scotia roots, and Erin O'Toole, who was posted to the RCAF 12 Wing in Shearwater for a time, he said, and also likes Chris Alexander with whom he worked in

“It's going to be highly competitive, to say the least.”
Peter MacKay



the Department of National Defence and Foreign Affairs. Over the years he's worked with many of the other candidates as well, though, and said they all have strengths to offer.

"To have the number and quality of candidates is a very positive sign for the Conservative Party," he said. "It's going to be highly competitive, to say the least." TC MEDIA

LABOUR

Overhaul of workers comp needed: Group

A group that has long fought for the rights of injured workers says Nova Scotia's workers compensation system needs an overhaul and should be the subject of an independent inquiry.

Mary Lloyd of the Pictou County Injured Workers Association delivered a detailed, 40-minute presentation Tuesday before the legislature's human resources committee.

Lloyd says the system doesn't provide injured workers with enough to live on, and is geared to keep costs down for a small number of large employers

that account for most workplace injuries.

She says something has to be done to get the system working as it was intended under the Occupational Health and Safety Act.

Lloyd says her group is renewing its call for an inquiry to provide an independent and impartial look at the system.

The group called for an inquiry under the province's former NDP government in 2012, but the government said such a move would be too costly and complex.

THE CANADIAN PRESS

ENTERTAINMENT

Tom Cochrane to stop in Liverpool

Life is a highway, and Tom Cochrane's highway will stop right off Highway 103 in Liverpool in June, for the only Nova Scotia performance on his Mad Mad World Tour.

The announcement was made Tuesday to much applause at Queens Place Emera Centre.

Mayor David Dagley made the long anticipated announcement to a packed house at the Emera Centre.

Cochrane, who fronts the band Red Rider, has won eight Juno awards, was inducted into the Canadian Music Hall of Fame, and has a star in Canada's Walk of Fame. He is also a member of the Order of Canada.

"We are pleased to be the only Nova Scotia spot on the tour,

celebrating the 25th anniversary of the Mad Mad World album.

Steve Burns, general manager of Queens Place, said tickets will go on sale March 2, and people should set up a Ticketpro account early, since last year tickets for the Beach Boys sold out in 100 minutes.

"Just one stop in Nova Scotia and that's in Liverpool, and why wouldn't it be in Liverpool, because that's the only place to be."

The concert is June 28 starting at 8:30 p.m. Burns said that will allow fans from Yarmouth, Halifax, and all over the valley to attend.

Tickets will be \$68.50 and \$58.50 plus taxes and fees. There is also a VIP package available on Cochrane's website. TC MEDIA



A sex work protest in Halifax is seen in this 2014 photo. A Mount Saint Vincent event on Thursday aims to put a human face to the sex-trade industry. MITCH WARD FOR METRO/FILE

Sex workers 'not the label we give them'

SEX TRADE

Organizer hopes personal stories will change minds



Cody McEachern
For Metro | Halifax

For Mariam Al-Nasrallah, sex workers are average people and don't deserve the negative labels they are often given.

"Sex workers are people, they are workers, and they deserve the same rights and safety as other workers," she said in an interview.

To help put a human face to the sex trade industry, Al-Nasrallah is holding a

presentation on the industry and its workers this Thursday at Mount Saint Vincent University.

Sex, Drugs and Lock Up will focus on the world of a sex trade worker, and will feature speeches and stories from sex workers and others involved in the industry.

Al-Nasrallah hopes the stories shared at the event will change the minds of people who have a distorted perception of who sex workers are.

"People have the misconception that they were forced into sex work, or they couldn't do anything else," Al-Nasrallah said.

"This isn't true in most cases. These people are not the label we give them, they are members of the community and just like anyone else.

Hearing their personal stories will hopefully make others realize that these negative stereotypes are not true and are very harmful."

The presentation is being held by MSVU's SOAN (Sociology and Anthropology) Society, where Al-Nasrallah is president.

She said people can hear first-hand experiences, instead of getting negative information from the media, she said.

"I want people to talk to each other and to understand the different lifestyles. It is important to bring down these walls and help change the negative stigma people have on sex workers."

After the speeches, an open panel will allow people to ask the speakers questions, but answering will be at the discretion of the speakers, she said.



Conference organizer and student Mariam Al-Nasrallah. CONTRIBUTED

"If at the end I can change some people's perception of what is labelled as a dirty profession, that is all I can ask for."

The presentation will be at Auditorium A on the MSVU campus, and will begin Thursday at 6 p.m.

AIR CANADA

Woman suing airline over seat assignments

A woman who was moving to Halifax with her young children says she's suing Air Canada partly after having to choose between sitting rows away from her three-year-old daughter on a plane or missing the flight.

Nicole Paine, who was with her twin newborns, three-year-

old daughter and mother, says she was moving from British Columbia to Nova Scotia on a 1 p.m. flight that connected in Toronto on Dec. 14, 2016.

She says in a notice of claim filed on Feb. 22 in the Small Claims Court of Nova Scotia that there were no Air Canada agents free to help them after

she arrived at 11:30 a.m.

Paine says they were told they would make the flight, but were then told the flight had ended the check-in period and they were booked on another flight that would depart later the same day.

She said her family were only able to board last and

found out they had been booked in seats several rows away, so opted to stay there overnight and fly the next day.

The notice says they're seeking \$2,400 plus costs, but Air Canada told Global News it could not comment since the matter is before the courts.

THE CANADIAN PRESS

Tattoo artist wins Facebook fight

BREAST CANCER

Now able to post photos of cosmetic nipple tattoos



Yvette d'Entremont
Metro | Halifax

A Bedford tattoo artist is thrilled that after years of battling with Facebook, the social media giant is now allowing her to post photos of the cosmetic tattooing she does for breast cancer survivors.

For the past eight years, Amber Thorpe of Adept Tattoos has helped clients through cosmetic tattooing of nipples and areolae after they've been through reconstructive breast surgery following breast cancer.

Over that same period of time photos of her work have been repeatedly taken down by Facebook, typically within one to five hours of her posting them.

Thorpe said Facebook is one of the most effective ways she can publicly spread awareness about what is for many breast cancer survivors the "final phase" of their journeys.

She charges \$150 to cover the cost of ink and supplies.

"I've had a lot of just excitement and genuine happiness and I've had a lot break down crying because it's done. It's like an elephant leaves the room at the end," Thorpe said of her work.

"Because they're laying on their back when I tattoo, they can't see it pretty much until the end when it's finished and then they look in the mirror and I see their reactions ... That's my satisfaction."

On Tuesday afternoon, Facebook responded to Metro's inquiry asking if there was ever room for concessions regarding



Amber Thorpe of Adept Tattoo studios in Halifax says Facebook is one of the most effective ways she can spread awareness about cosmetic tattooing of nipples and areolae after reconstructive breast surgery following breast cancer. JEFF HARPER/METRO

what constitutes nudity given the nature of Thorpe's work.

"We're very sorry about this mistake. The pictures were removed in error and restored as soon as we were able to investigate," a Facebook spokesperson told Metro Halifax in an email late Tuesday afternoon.

"Our team processes millions of reports each week, and we sometimes get things wrong."

Shortly after Metro received the email, Thorpe received a



I'm surprised because this has been such a fight with Facebook.

Amber Thorpe

notification from Facebook about the error.

"I'm super happy. This is too cool. It's awesome. Now it's time to create a page and share stories and stuff too," Thorpe said.

"I'm actually kind of speechless. I'm surprised because this

has been such a fight with Facebook and Instagram. Instagram finally let it go and now Facebook is going to let it go. This is like a huge win."

Thorpe said being able to openly post photos and share discussions about what patients go through will help further

highlight the struggles faced by breast cancer survivors.

"I know I do one (of these tattoos) every two to three weeks and that has been for the last eight years," she said.

"Nova Scotia has one of the highest breast cancer rates, and while the cure for breast cancer would be the ultimate thing I wish for, it'd be great to have (these tattoos) covered by MSI because obviously we're not getting rid of the disease anytime soon."



One of the nipple tattoo's done by Amber Thorpe.

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Fact-checking at the Trump tower

VANCOUVER

Incorrect statements at hotel opening



Jen St. Denis
Metro | Vancouver

"In 2010, Vancouver hosted the Olympic Games, of course the highlight being that Canada won the gold in hockey," Eric Danzinger, CEO of the Trump Organization, said Tuesday during the official opening at the Trump International Hotel and Tower.

"Which is probably why the world's largest hockey stick is here in Vancouver."

Wrong. The biggest hockey stick in the world graces the Cowichan Community Centre in Duncan, B.C.

"Trump International Hotel and Tower is the first hotel to open in Vancouver in the last six years," reads a press release handed out at the opening.

Wrong. Squachys Lodge at 31 West Pender and Hotel Blu Vancouver at 177 Robson St. both opened in 2014.

"The property is the first



Joo Kim Tiah, Donald Trump Jr. and Eric Trump at the grand opening of the Trump International Hotel & Tower in Vancouver on Tuesday. JENNIFER GAUTHIER/FOR METRO

to open in the city in over six years," reads a second release in the press kit. Wrong. Dozens of condo towers and other properties have opened in Vancouver during the past six years during a construction and real estate boom.

The tower "is one of the tallest in the city at 69 storeys high." Technically, just 63, according to marketing material for the building's condos.

As protesters gathered outside the hotel Tuesday to protest the name on the hotel, inside two sons of President Donald Trump and the Vancouver developer behind the project were singing each other's praises.

Joo Kim Tiah, the president of Holborn Group and the son of a Malaysian real estate tycoon, thanked God, his parents, President Trump and the Trump family.

Rates at the hotel range from \$380 for a room with a single king-sized bed to over \$1,400 for a two-bedroom suite. Ironically, one of the perks offered by the Trump Hotel in Vancouver is free access to what President Trump has repeatedly called "the failing" New York Times.

Starting in December 2015, Tiah had faced pressure from critics, including Vancouver's mayor, to remove the Trump

name from the building, something Tiah has said is not possible because he has contractual obligations with the Trump Organization, which operates the hotel portion of the building. At the time Trump was campaigning for president and had characterized Mexicans as "rapists" and called for Muslims to be banned from entering the U.S.

Brent Toderian, Vancouver's former chief planner and an outspoken critic of the Trump name on the hotel, said he was initially giving Tiah "the benefit of the doubt." But, he noted, the developer has since "doubled down" on his association with Trump.

About 100 protesters gathered in front of the Trump tower Tuesday morning to welcome the family's two eldest sons. Cars driving by the crowd on East Georgia Street honked their support and people broke into a chorus of O Canada.

Four Abbotsford high school students skipped class to attend the protest — something they said their principal approved of.

"We have a humanities class and this election was all we talked about for weeks, said Ayla Kevener. "This is our future. This will affect us."

CONSERVATIVES

Leitch posts weird video on Facebook



Andrew Fifield
Metro | Toronto

Conservative leadership candidate Kellie Leitch's latest campaign move is an eight-minute monologue packed with jarring cuts, awkward pauses and dreamy-eyed gazes toward a middle distance.

It has been met with a frosty reception since it debuted on her Facebook page Monday. Leitch uses the video to repeat her calls for what she describes as a "values test" for people considering immigrating to Canada.

"Canadians are proud of their country and proud of their unified Canadian identity," the former cabinet minister says. "They're proud of their values — values like hard work, generosity, freedom and tolerance."

Leitch's rhetoric on immigration has often been compared to that used by U.S. President Donald Trump, who she said had "an exciting message that needs to be delivered in Canada as well."

TRANSPLANT

Calgary family clings to hope



Elizabeth Cameron
For Metro | Calgary

By the time you read this, Lindsey Marofke will be in Cincinnati.

It's the only chance she has to save her daughter's life. Unable to get a potentially life-saving treatment in Alberta, when a doctor in Cincinnati offered to try, Lindsey knew she had to take her chances.

Three-year-old Greta Marofke has hepatoblastoma, a rare form of liver cancer that typically affects very young children.

She beat the disease once, but has since relapsed.

Greta's liver must be replaced with healthy one, and fast — her cancer hasn't spread to other parts of her body yet.

Dr. James Geller, medical director of the kidney and liver tumours program at Cincinnati Children's Hospital, believes he has a chance to save Greta's life.

"He called me up on Friday and said, 'I need you to come here, Greta deserves a chance,'" Lindsey said. "I'm just hanging onto that hope, because a few days ago we didn't have it."

Greta has been offered palliative care at a hospital in Toronto, where she has been staying for the past three weeks.

"In Canada, they've basically said we can buy you some time,



Three-year-old Greta Marofke has relapsed hepatoblastoma, a rare form of liver cancer. CONTRIBUTED

that's all we can do," Lindsey said through tears.

"I can't give up on her — she's my baby and she looks so good. If you saw her you'd have no idea that this is going on inside her body."

The Stollery Children's Hospital in Edmonton denied Greta as a liver transplant candidate because her chance of survival is too low.

"Getting approved for an organ is really difficult. You have to be able to prove that your chances of survival are greater than 50 per cent," Lindsey said.

The last study published about the condition Greta has listed transplant survival outcomes at 40 per cent.

"She doesn't meet the min-

imum, so basically they won't do it," Lindsey said.

In a statement, Alberta Health Services (AHS) said the pediatric liver transplant program at the Stollery Children's Hospital examines all cases of pediatric patients with recurring hepatoblastoma on a case-by-case basis.

"The program has and may proceed with listing a patient for transplant, depending on the individual's specific medical condition," said AHS.

After all is said and done, the price tag for the trip, treatment, and transplant will likely ring in at more than \$1 million US.

A GoFundMe has been started to help, with more than \$30,000 raised so far, which Lindsey said has given her even more hope.

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No more 'small thinking'

POLITICS

Donald Trump talks big during his first address to Congress

Heralding a "new chapter of American greatness," U.S. President Donald Trump stood before Congress for the first time Tuesday night and issued a broad call for creating new jobs, overhauling the nation's health-care system and significantly boosting military spending.

Striking an optimistic tone, Trump declared: "The time for small thinking is over."

Trump's address came at a pivotal moment for a new president elected on pledges to swiftly shake up Washington and follow through on the failed promises of career politicians. His opening weeks in office have been consumed by distractions and self-inflicted wounds, including the bungled rollout of a sweeping immigration and refugee executive order that was blocked by the courts.

Trump sent unexpectedly mixed messages on immigra-



President Donald Trump addresses a joint session of Congress in Washington on Tuesday.

JIM LO SCALZO/THE ASSOCIATED PRESS

tion, one of his signature campaign issues. He pledged to vigorously target people living in the U.S. illegally who "threaten our communities and prey on

our citizens." But he told news anchors before his speech that he was open to legislation that could provide a pathway to legal status, and he told Congress he

believed "real and positive immigration reform is possible."

But Trump still said the country will soon begin construction on a wall along the U.S.-Mexican

+ SHOUT OUT

Prime Minister Justin Trudeau received a mention from Donald Trump in his speech Tuesday.

"With the help of Prime Minister Justin Trudeau, we have formed a council with our neighbours in Canada to help ensure that women entrepreneurs have access to the networks, markets and capital they need to start a business and live out their financial dreams," Trump said.

THE CANADIAN PRESS



border, saying that Americans can't succeed "in an environment of lawless chaos."

Trump says the country will soon begin construction on the wall, which "will be started ahead of schedule and, when finished, it will be a very effective weapon against drugs and crime." THE ASSOCIATED PRESS

White House aims to silence whistleblowers

When White House Press Secretary Sean Spicer wanted to crack down on leaks last week, he collected his aides' cellphones to check for communication with reporters. The crackdown quickly leaked.

Spicer's losing round in Washington's perpetual game of information whack-a-mole was hardly a surprise. In trying to plug leaks from anonymous sources, President Donald Trump and his aides are going after one of the most entrenched practices in Washington politics and journalism, an exercise that has exposed corruption, fuelled scandals and spread gossip for decades.

But the practice has created several headaches for the new president, leading Trump, just weeks into his presidency, to publicly vow to try to punish "low-life leakers" in his own administration.

"Let their name be put out there," Trump said before the Conservative Political Action Conference on Friday, accusing reporters of making up anonymous sources and stories. He declared reporters shouldn't be allowed to use sources "unless they use somebody's name."

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WENDY PIKE

GEORGIA

Two jailed for birthday party threats

A man and a woman who were among a group of people waving Confederate flags and threatening violence at a black child's birthday party in 2015 have been sentenced to long prison terms.

Jose Ismael Torres, 26, and Kayla Rae Norton, 25, were part of a group of 15 people who disrupted

the 8-year-old's party in Douglasville, Ga. in July 2015, less than a month after white supremacist Dylann Roof killed nine African-Americans at a historic black church in South Carolina.

Roof brandished Confederate flags in several photographs that came to light soon after his arrest and had said he intended to start a race war with the killings.

Torres and Norton were found guilty Monday of yelling racial slurs and threatening to kill partygoers, even the kids. At one point, Torres aimed a shotgun at the party, prosecutors said.

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PAUL WELLS ON CANADA'S BRAND IN THE AGE OF TRUMP



How can Canada use the chaos in D.C. to pursue its own interests?

It's time to conclude, on a balance of probabilities, that Donald Trump will be merely an ineffectual president.

For a while it seemed the White House's listless new tenant might have some sort of trade strategy. For a few days he even seemed to be preparing for an attack on Iran. That seems so long ago. He may yet do something big domestically, like repeal Obamacare, although the news that massive new social programs contain fine print has rattled him badly.

Being an evil genius takes an ungodly amount of prep work. Who knew? It's so much easier to hightail it to Mar-A-Lago for another weekend. Down there, the world is divided into people who are paid to be nice to him and people who have paid to be nice to him. He can handle both.

Perhaps the time is coming, or soon will, when the Trudeau government should adjust its strategy regarding Trump. The original working assumptions are already running out of steam.

For both the prime minister and his detractors, Trump was viewed, after his astonishing election victory last November, as a potential source of organized menace to the Canadian economy.

He would tax industrial goods at the border. He would abrogate NAFTA and ensnare Canada in protracted negotiations, where his decades of

experience as a dealmaker would leave poor naïve Justin Trudeau bereft and dizzy, wearing only a barrel on leather shoulder straps.

In response, Trudeau executed a profound reorganization of his ministry, of the public service and of Liberal political staff. The goal was to become more nimble on the defence, accelerating information-gathering and decision-making across government to ensure that whatever move Trump might make, Canada could respond.

But perhaps defence isn't the game. Or at least it shouldn't be the only game. Because maybe this president is incapable of organizing an offence.

That's the conclusion the Russians seem to have drawn. If anyone should be taken as an authority on Donald Trump, it's the Russians. In a fascinating story in Tuesday's New York Times, assorted Russian analysts said Vladimir Putin is now treating Trump, not as a conniving ally but as a random-event generator who will pull Washington into chaos.

"Right now the Kremlin is looking for ways that Russia can use the chaos in Washington to pursue its own interests," pro-Putin analyst Sergei Markov told the Times. "The main hope is that the U.S. will be preoccupied with itself and will stop pressuring Russia."

What would an offensive Canadian strategy look like, if

Canada followed Markov's reasoning? How can Canada use the chaos in Washington to pursue its own interests?

One set of interests is in-bond: It's about who comes to our shores. Canada has long watched while the United States attracted a disproportionate share of the brightest students, the most distinguished researchers, the wildest entrepreneurs.

Finance Minister Bill Morneau has already been making changes to attract all those groups. A concerted global marketing program would spread the word. Canada has a big disadvantage: unlike Australia or the UK, it has no national education minister to lead global marketing efforts. Nor should it, education being a provincial responsibility.

But a senior federal minister should be put in charge of marketing Canadian research and education, in partnership with the provinces. I nominate François-Philippe Champagne, the new trade minister, because he's so peppy he's probably already doing it anyway.

Another interest, the attraction of international investors for Canadian infrastructure projects, is well in hand, and I have no advice to offer.

The third Canadian interest is the most delicate: the search for strategic partners to replace an increasingly introspective United States.

In some ways, America can't be replaced: Nowhere

else is as close, as rich or as culturally simpatico. But Trudeau must conclude, as every modern prime minister has in different ways, that it does no good to rely too closely on the Americans alone. Especially now.

China stayed aloof from even Jean Chrétien's ardent courting. Trudeau will not be able to tap its amazing potential in the short term. Europe is almost as big, richer and needs friends now too. The working relationships built up over a decade's CETA talks must not be allowed to atrophy now.

In his mandate letter to international development minister Marie-Claude Bibeau, Trudeau urged her to "refocus Canada's development assistance on helping the poorest and most vulnerable." That now seems simplistic. Many of Africa's national economies are rising, fitfully but full of promise. Canada should build long-term relationships by supporting institutions that educate a new African leadership class and strengthen African markets, legal systems and governance.

I could go on. A few hours' brainstorming could generate countless ideas for pursuing Canadian prosperity in an era of American eclipse. It's work nobody would have wanted. But the task now seems at hand.

Paul Wells is a Toronto Star national affairs columnist.



Missed manners In the Oval Office on Monday. GETTY IMAGES

Conway's couch crouching proves meritocracy a sham



Vicky Mochama
Metro

When I saw the picture of Kellyanne Conway, adviser to President Trump, with her feet tucked under her on an Oval Office couch, I could hear my mom saying — or, let's be real here — yelling "Beka amagoro inese!"

That is Kisii for "You own nothing in this house and your presence here is optional so you need to act right, or else." (It is actually not but that is what it felt like.) I still hear it when I put my feet up on my own table in my own house.

The image isn't striking because a grown woman is sitting on her feet and looking at her phone on her boss's couch. No, Kellyanne got real casual during a photo opportunity with the leaders of America's historically black colleges and universities (HBCUs).

To me, a roomful of black academics is a room of aunts and uncles empowered to yell at you. So, I was a little scared for Kellyanne.

But she knows she doesn't have to operate by those standards. When photos of Barack Obama putting his feet up on the Resolute Desk in the Oval Office first surfaced, Fox News basically aired a war crimes tribunal for a week. Every move by the Obamas was examined for its perceived rudeness. These were (and are) black professionals at the apex of human achievement.

If respectability is the measure by which white officials will respect black people, you

cannot get more respectable than that group of people in the Oval on Monday. They didn't just go to the best schools; some now run the best schools.

If the election of a mediocre businessman for president didn't do it, then this photo should render apparent that there is no such thing as a meritocracy. Some of America's highest educated and highly accomplished black people grimaced through it while Kellyanne Conway took a picture from the couch of them with the president.

The administration's disrespect is evident. Dillard University president Walter Kimbrough wrote that the meeting was meant to be with Education Secretary Betsy DeVos but suddenly included a visit with the president.

After pushing them around and photographing them, Secretary DeVos issued a statement saying that HBCUs were an example of so-called school choice. When, in fact, they were founded as a response to racist schools barring black students.

The photo isn't trivial; it is emblematic of the relationship that black Americans now have with their government. The administration will use black people to lie about black history in order to make black life worse.

I can only hope that the American public tells Trump that he owns nothing in the White House and his presence is optional.

Because he's definitely not going to act right.

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'What exactly is a fireside chat?'

'I think Kevin O'Leary is going to curl up next to the fireplace, reading a French vocabulary book.'

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Poutine disciple spreads the curd

FOOD CULTURE

How epicurean epiphany led a German tourist to new venture

Holger Boeckner had an epicurean epiphany of sorts while visiting Canada in 2007. Out clubbing with Canadian friends in Montreal, the German tourist was introduced to Quebec's street food of fries, gravy and cheese curds. It was 4 a.m. and his first poutine.

"It was salty, delicious, fatty," recalled Boeckner with a big wistful smile at a cafe in Berlin. "It was the right meal for the situation."

Boeckner was so enamoured with poutine that he opened The Poutine Kitchen last November, partnering up with a German dairy producer to manufacture and sell squeaky cheese.

On Jan. 25, he got to promote the product in a major way: by offering bowls of poutine at the first meeting in 2017 of the German Canadian Business Association. That same week, he proffered small snacks of poutine at the massive annual Green Week exposition of products in Berlin, which features local, non-GMO and organic items (Boeckner's cheese is local and non-GMO but not certified organic).

He returned to Canada and



Holger Boeckner's Poutine Kitchen serves up his version of the Canadian delicacy in Berlin.

CONTRIBUTED

the U.S. a few times since that initial visit, and sought poutine wherever he went. In Austin, Texas, during the SXSW festival in 2013, he attended a party held by the Canadian delegation and catered with poutine.

"I realized in my subsequent visits: I loved poutine," he said. He and his neighbour, a Canadian, tried to make poutine, but

"we realized it wasn't possible to make it authentic because we didn't have cheese curds."

Indeed, poutine is relatively simple in composition since fries and gravy are a staple in almost any European country. However, the squeaky cheese — solid parts of curdled milk — is what can trip up the desire for a classic poutine. Curds are

made from fresh milk, which has to be pasteurized — during which rennet is added so it clots. It then becomes a blend of whey (liquid) and early-stage "curd" and must be cooked. Lastly, it is pressed, separating the whey from the curd and voila, you have cheese curds.

Importing cheese curds from Canada could take weeks, Boeck-



"Germans love cheese, fries and gravy. They just haven't had that combination yet."

Holger Boeckner, left

ner said, bogged down by EU rules that require inspections and clearances.

"The cheese curd needs to be produced nearby so it can be consumed quickly and still be squeaky," Boeckner said. "Most of the places selling poutine in Europe use mozzarella or some salty version of cheese."

In 2014, realizing he was about to be laid off from his film public relations job, Boeckner decided to bring "real" poutine to Germany. He set about visiting cheese fairs in the Berlin region and wound up at Bauernkäserei Wolters, where he described the curds to owner Pieter Wolters and his production manager, Uta Gerlach.

"I described it as 'this is a cheese that squeaks' and then the consistency as well — a little spongelike. I said it had to be eaten fresh," says Boeckner.

Last March they created their first batch — 40 kilograms. Boeckner declared it a success: "It was tasty and squeaky."

The following May came the real test: giving it to Canadians. With packs of gravy mix from St.

Hubert's chicken fast food joint in Quebec, Boeckner arranged a special poutine party for six Canadian friends in Berlin.

"They said it was just like home," Boeckner said, holding up a video of a woman declaring: "The cheese is perfect. The gravy is perfect. You nailed it."

He doesn't have any sales numbers for the cheese yet, but Boeckner has heard excited reactions from Canadians in Berlin.

Berlin resident Patrick Beaudette, who was born in B.C. but has lived in Montreal, heard about the cheese and ordered a kilo. "I refuse to use mozzarella," said Beaudette, who is in the city finishing up his PhD in molecular biology. "(It) has everything it should have: the mild flavour, it's salty and the squeak."

Boeckner is determined to spread the poutine joy among Germans as his business grows. He hopes to open a poutine-focused shop in spring — which doesn't exist yet in Berlin.

"Germans love fries, cheese and gravy. They just haven't had that combination yet. They will like it. I know." TORSTAR NEWS SERVICE

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The simpler charms of the likes of Edulis (above) and Dandy Lion has helped Toronto evolve and move ahead of Montreal in the national fine dining arms. **MATT FABIANIC**

Toronto turns the fine dining tables

CANADA'S 100 BEST

Montreal slips in annual list as Highway Man makes cut

Désolés, Montreal. The 416 has overtaken the 514 for the first time at the top of Canada's 100 Best, the third-annual list of the country's finest dining establishments as chosen by a panel of 82 industry experts.

Toronto's Alo, which chef Patrick Kriss opened in 2015, unseated Montreal's two-time champ Toqué.

Hogtown finished with five of the country's top 10 restaurants: Alo (1), Edulis (5), Buca Yorkville (7), Canoe (8) and Dandy Lion (9).

"That is total domination of fine dining," said Jacob Richler, the magazine's editor.

Alo debuted on the list as Canada's best new eatery last year.

"The finesse and discipline of that kitchen he runs — it's genuinely extraordinary," said Richler of Patrick Kriss's restaurant located on a third floor above Chinatown on Spadina Ave.

"You leave an unassuming street and suddenly you're in this elegant little oasis the moment you emerge out of the elevator shaft. It feels cool and groovy and you're happy to be a part of it."

Toronto and Montreal made up half of the Best 100 entirely, Montreal with 26 spots and Toronto with 24.

"You can find great food in far more varied sorts of places. And the list reflects that," Richler said.

THE TOP 10

- 1) Alo (Toronto)
- 2) Toqué! (Montreal)
- 3) Joe Beef (Montreal)
- 4) Le Vin Papillon (Montreal)
- 5) Edulis (Toronto)
- 6) Hawksworth (Vancouver)
- 7) Buca Yorkville (Toronto)
- 8) Canoe (Toronto)
- 9) Dandy Lion (Toronto)
- 10) Pigeonhole (Calgary)

In Halifax:

- 93) Highway Man

Ten smaller cities and towns cracked the list with one raved-about spot each, including Langdon Hall (15) in Cambridge, Ont., which jumped back into the top 20. Halifax's Highway Man broke the top 100 at 93.

TORSTAR NEWS SERVICE



ROSE REISMAN THE SAVVY EATER

THIS WEEK: Cupcakes or donuts?

Indulge your sweet tooth — without going overboard

PICK THIS

Annette's White Sugar Mini Donuts (3 donuts)

Calories 160
Fat 7g
Saturated Fat 3g
Sugar 9g



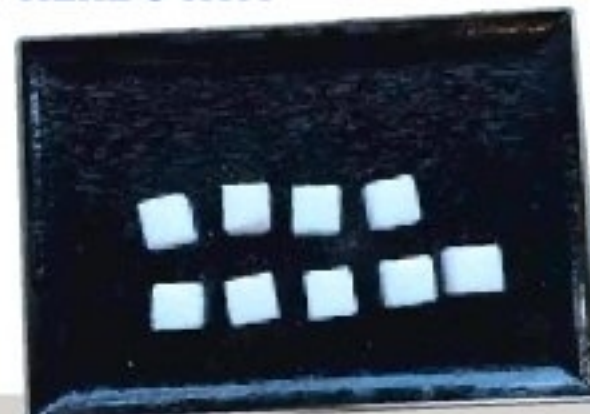
SKIP THIS

Mini Vanilla Cupcakes (3 cupcakes)

Calories 290
Fat 11g
Saturated Fat 4.5g
Sugar 37g



HERE'S WHY



Equivalent to 9 sugar cubes

A dessert doesn't have to be your downfall. When enjoying sweets (in moderation, of course!), picking fluffy, sugar-dusted mini donuts will save you 4 times the sugar compared to the mini vanilla cupcakes. There's also close to half the fat and calories. The icing is the culprit here, as it has added palm and hydrogenated oil, corn syrup and more sugar. Have your 'just desserts!'

BEATTY ASKS FOR ANSWERS

Oscars best picture mess still rumbling on

Warren Beatty says Academy of Motion Pictures President Cheryl Boone Isaacs should "publicly clarify" what happened during Sunday night's best picture presentation "as soon as possible."

Beatty released a statement Tuesday to The As-

sociated Press in which he declined to comment further on the debacle that led to him and co-presenter Faye Dunaway mistakenly reading *La La Land* as best picture winner rather than *Moonlight*.

Instead, he urged the academy to answer questions.

"I feel it would be

more appropriate for the president of the Academy, Cheryl Boone Isaacs, to publicly clarify what happened as soon as possible," said veteran actor Beatty, who became an internet meme after the mix-up.

Representatives for the academy didn't immediately comment Tuesday.

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Ioniq hot on the heels of Prius



HANDOUT

THE CHECKLIST | 2017 HYUNDAI IONIQ HYBRID

THE BASICS

Engine: 1.6L four-cylinder electric motor, 1.56-kWh lithium-ion battery
Output: 139 horsepower, 195 pound-feet of torque combined
Transmission: 6-speed automatic
Fuel Economy (L/100 km): 4.2 city, 4.0 highway
Price: Starts at \$24,000 (est.)



LOVE IT

- Easy to achieve max efficiency
- Affordable
- Cabin layout

LEAVE IT

- Quirky design
- Rubbery brake pedal
- Lack of rear seating space

REVIEW

Hybrid upsets with better fuel efficiency and price point



Dan Ilika
AutoGuide.com

As good as it is, it's tough to describe the 2017 Hyundai Ioniq Hybrid as anything but ill-timed. It's an alternative fuel vehicle going up against gas prices that remain at historic lows.

That this Hyundai is a compact car only makes matters worse, as the popularity of crossovers continues to climb. To overcome those sizable-though-surmountable odds, the Hyundai Ioniq Hybrid has a few key qualities working in its favour.

For starters, it's built on a dedicated platform developed solely to serve as the basis for electrified rides that includes both conventional and plug-in hybrid versions of the Ioniq, plus a pure-electric model.

The decision to build the Ioniq as a small sedan was designed to eke out as much efficiency as possible. The very shape of the car was cleverly crafted to improve airflow. And it worked. With a drag coefficient of 0.24, the Ioniq slips through the air like a Tesla Model S.

The Ioniq may share its drag coefficient with the Model S, but it's significantly smaller than the all-electric ride. The Ioniq is more similarly sized to the Prius

or Chevrolet Cruze.

Its diminutive dimensions impact interior space in different ways. The front seats pack plenty of room. Slide into the rear seats and space shrinks significantly. Cargo room, however, stands at an impressive 750 litres. That mark is second in the segment only to the Prius and exceeds the likes of the hatchback versions of the Cruze and Honda Civic.

When it comes to efficiency, Hyundai's first dedicated hybrid ranks ahead of the standard-bearing Toyota Prius. Its impressive efficiency is only matched by its ambitious price point.

Base models are estimated to start at \$24,000. An equivalent Prius will set you back \$28,880. Step up to a top-of-the-line Limited model and you can expect to pay about \$31,000. A loaded Prius Touring, meanwhile, will fetch \$32,115.

Despite everything the Hyundai Ioniq Hybrid does right, it's not perfect. The regenerative brakes felt slightly rubbery and more engine noise than necessary permeated the cabin. Likewise, there were some unwelcome rattles and squeaks in our tester's cabin, worth a second look — or listen — to determine if it was a one-off incident.

If this gas-electric Ioniq Hybrid is out to take on the likes of the Toyota Prius, it's off to a good start. It costs less money and burns less gas without suffering from any of the performance penalties imposed by the Prius' CVT. The appetite for hybrids these days may be as low as gas prices, but it's hard to argue with the Hyundai Ioniq Hybrid's bang for your buck.

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IN BRIEF

Vikings let Peterson walk
Adrian Peterson, Minnesota's all-time leading rusher and a first-team All-Pro pick in four of his 10 seasons with the Vikings, will be an unrestricted free agent for the first time in his career when the market opens next week.

The Vikings, as expected, said Tuesday they will not exercise their option for 2017 on Peterson's contract, which called for the soon-to-be 32-year-old to make \$18 million.

In another sobering reminder of the short shelf life for players at this position, Kansas City also released 30-year-old and four-time Pro Bowl running back Jamaal Charles on Tuesday. THE ASSOCIATED PRESS

Canada's Matheson out for 2017 domestic season
Veteran Canadian midfielder Diana Matheson will miss the entire 2017 NWSL season after tearing the anterior cruciate ligament in her left knee.

Seattle Reign FC said Matheson suffered the injury in February while training with the Canadian national team.

THE CANADIAN PRESS

Jays bats swing into spring
Jonathan Diaz and three other Jays hit home runs as Toronto downed Pittsburgh 12-0 on Tuesday for their first pre-season victory.

Joshua Palacios, Mike Ohlman and Matt Dean also went deep for the Jays (1-4).

THE CANADIAN PRESS

Blockbuster odds dampened by Vegas

NHL TRADE DEADLINE Expansion draft ahead is likely to stunt major moves

Members of the Calgary Flames' front office have all been asking general manager Brad Treliving how expansion will affect the NHL trade deadline.

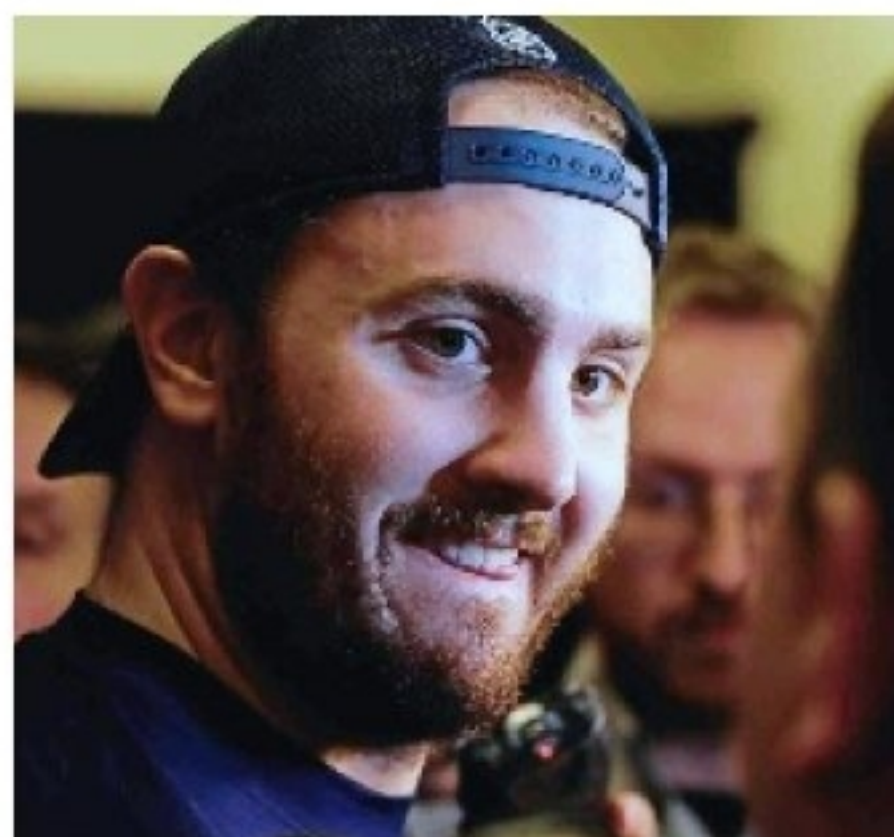
His answer: "It adds another layer" to an already complicated process.

The Las Vegas Golden Knights won't play their first game for seven months, but their presence is already causing disruption ahead of Wednesday's trade deadline. Clubs across the league have to consider the June 20 expansion draft when it comes to adding or subtracting players before the 3 p.m. ET deadline.

Vegas choose 30 players, including at least 14 forwards, nine defencemen and three goaltenders at the draft.

"I don't think it's going to necessarily stop moves, but I think it has an impact and I think it's going to make it a little bit stickier," Treliving said. "I think there's going to be deals that potentially could've gotten done or may have gotten done in another situation that may not get done because of the expansion implication."

It's the protection list for



Defenceman Kevin Shattenkirk — one of the bigger names available at the deadline — was traded from St. Louis to Washington on Monday night. BRUCE BENNETT/GETTY IMAGES

the expansion draft that really throws a wrench into the process. Teams can either protect seven forwards, three defencemen and one goaltender on June 17 or eight skaters and one goaltender. That makes trading for a player with term on his contract more complex, as teams need to consider loss of assets — draft picks, prospects, etc. — but also the possibility of losing an unprotected player in the expansion draft as a result of the trade.

Said Treliving: "It's going to impact what you do in your protection list one way or another because either you're just bringing this guy and you're going to expose him — so now the assets you gave up are gone (and) the player could be gone — or is he an upgrade on somebody you would've protected otherwise and that person's out?"

Treliving's prediction of a largely rental-driven market has borne fruit with expiring contracts — highlighted by Ben

“Now, you've added another box to check. How does this affect me expansion-wise?”
Flames GM Brad Treliving

Bishop and Kevin Shattenkirk — dominating the early shuffling.

Blockbuster trades might have to wait until the summer.

Take Matt Duchene for instance, the speedy Colorado Avalanche forward with two years left on his contract (\$6 million US cap hit) who's reportedly available. Any team that trades for the 26-year-old would have to pay a hefty price in assets and potentially a player to expansion whom they might have kept otherwise.

"We're all dealing with this," Blue Jackets president John Davidson told the Columbus Post-Dispatch. "So when you make deals, you have to look at who now is going to be exposed, who's not, and are we going to pick a different format for protection."

"We'd like to do things, for sure," he added. "But not at the expense for two months as a rental. Not at the expense of pushing one more guy out there, exposed, this summer. With the prices being asked, it doesn't make sense." THE CANADIAN PRESS

TRANSACTION ROUNDUP Oduya back with Chicago

The Blackhawks have reacquired defenceman Johnny Oduya, who left in free agency for the Dallas Stars after being part of two Stanley Cup championships in Chicago.

Dallas traded Oduya to the Blackhawks on Tuesday night in exchange for young forward Mark McNeill and a conditional fourth-round pick in the 2018 NHL draft.

THE ASSOCIATED PRESS



Johnny Oduya
GETTY IMAGES

TUESDAY TRADES

CAROLINA-OTTAWA

TO SENATORS:
VIKTOR STALBERG, F

TO CANES:
THIRD-ROUND PICK (2017)

DETROIT-NEW YORK

TO RANGERS:
BRENDAN SMITH, D

TO RED WINGS:
THIRD-ROUNDER (2017), SECOND ROUNDER (2018)

BUFFALO-NEW YORK

TO SABRES:
MAT BODIE, D

NEW YORK RANGERS TO RANGERS:
DANIEL CATENACCI, F

CURLING Koe's team remotivated, gearing up to defend Canadian men's title



Team Canada's Kevin Koe won the Brier championship in Halifax in 2010, Kamloops, B.C., in 2014 and last year in Ottawa. FABRICE KOFFRINI/AFP/GETTY IMAGES

If Kevin Koe and his teammates are experiencing something like curling's version of the Stanley Cup hangover, they say the Brier is more than enough to snap them out of it. Koe, third Marc Kennedy, second Brent Laing and lead Ben Hebert head to the Tim Hortons Brier in St. John's N.L., as the defending Canadian and world champions.

They have struggled a bit since winning those titles, taking a couple of World Curling Tour events earlier this season but making the playoffs in just one of four Grand Slam tournaments. They went 2-4 in December's

Canada Cup of Curling, which they'd won the previous year.

Koe's team has shown signs of coming around recently and was on its game at the Pinty's All-Star Skins Game in Banff, Alta., winning \$75,000 out an available \$100,000 in early February. Kennedy said it can take awhile to stoke the competitive fires again after winning the sport's big prize.

"I don't want to make any excuses," he said. "I really don't. But it's certainly hard to get motivated as quickly as you normally would." The Calgary team out of the Glencoe Club will wear

2-4
The disappointing record Koe and his team had at last year's Canada Cup of Curling.

the Maple Leaf in St. John's as Team Canada when the main draw starts Saturday at Mile One Centre. They open against Quebec's Jean-Michel Menard, the 2006 champion.

The field also includes reigning Olympic champion Brad

Jacobs from Northern Ontario, former Canadian and world champion Glenn Howard out of Ontario, B.C.'s John Morris, Manitoba's Mike McEwen and former Olympic champion Brad Gushue representing the host province. Beating a stacked Brier field to play in a world championship in Edmonton is motivating for Koe's team.

"We won everything last year and we didn't have too much to play for early in the year," Koe said. "We've been kind of gearing up for this event. This will be a big test for us."

THE CANADIAN PRESS

Huskies, Tigers hoping to strike gold

AUS FINALS

Saint Mary's is hosting this weekend



Jonathan Briggs
For Metro | Halifax

The Saint Mary's Huskies women's volleyball team is looking for history to repeat itself as

when they host the AUS championship this weekend.

When the university last hosted the AUS final in 2012, the Huskies won it all.

They finished third in the regular season and face the second-place Memorial University Sea-Hawks from St. John's, N.L. in the semi-final on Friday at 7 p.m. at Saint Mary's.

Memorial won three of their four regular-season matches, but the teams haven't played since

November when the Huskies were missing three starters.

"Now we pretty much have our lineup back in, hopefully that'll help us a little bit," said head coach Darren Russell.

"They're a good team, well coached, they're definitely going to be tough, but I think we match up quite well with them."

• DALHOUSIE WOMEN

After raising four AUS banners in a row and only losing one game this season, the Dalhousie

Tigers are the team to beat.

"We understand that there's a target on our backs, but we're going to embrace that target," said head coach Rick Scott.

"We know that teams want to beat us and are motivated to beat us ... we look forward to that challenge."

The Tigers play the University of Moncton Aigles Bleues in the semi-final on Friday at 4:30 p.m., a team they beat in all four matches this season. Despite the

sweep, it took the Tigers five sets to win the last two matches.

"They're well coached and they have a pretty veteran group that's been around for a while," said Scott. "They play really good defence so you have to be very patient on offence and disciplined."

The Tigers are loaded with veterans and experience. Fifth-years Amy Appleby, Abby Czenze and Marisa Mota were on the previous four AUS title winners.

"That experience in big games

+ MORE V-BALL

The Dalhousie men trail the UNB Varsity Reds after a 3-0 loss in the opening match of their best-of-three series. Match 2 goes March 4 and Match 3 goes March 10 if necessary.

and tough competitions is invaluable at playoff time," said Scott.

Game on.



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MAKE IT TONIGHT

Crispy Cobb Salad



PHOTO: MAYA VISHNEV

Ceri Marsh & Laura Keogh
For Metro Canada

This mainstay of American luncheonette provides plenty of vitamins and minerals.

Ready in 1 hour 30 minutes
Prep time: 30 minutes
Cook time: 35 minutes
Serves 4

Ingredients

- 6 bacon slices
- head of lettuce (eg. romaine)
- 4 oz feta, crumbled
- 1 avocado, make 1 inch dice
- 2 tomatoes, make 1 - 2 inch dice
- 2 chicken breasts
- For marinade:
- 2 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 Tbsp fresh thyme
- 1/4 cup white wine vinegar
- 1 tsp salt
- 1/2 tsp pepper
- For dressing:
- 1/3 cup white wine vinegar
- 1 Tbsp dijon mustard
- 2 tsp honey
- 1/2 cup olive oil

• salt and pepper to taste

Directions

1. Whisk together marinade ingredients. Place chicken in a shallow bowl and cover in marinade. Cover in cling film and place in the fridge for 10 to 30 minutes.
2. Place dressing ingredients in a jar, put on lid, and shake. Set aside.
3. Sauté bacon until crisp. Drain on a paper towel. Crumble into small-ish pieces. Bake the breasts in the oven at 375 degrees; for about 35 minutes or until the internal temperature reaches 165. Allow the meat to rest for a few minutes and then slice across the breasts to make thin strips.
4. Wash, spin and chop the lettuce. Toss the lettuce in a bit of the dressing, maybe 1/4 cup or so. Make a thin layer of dressed lettuce on a large platter. Next arrange your ingredients in stripes down your platter: tomatoes, avocado, cheese, bacon, chicken, tomato. Serve with dressing.

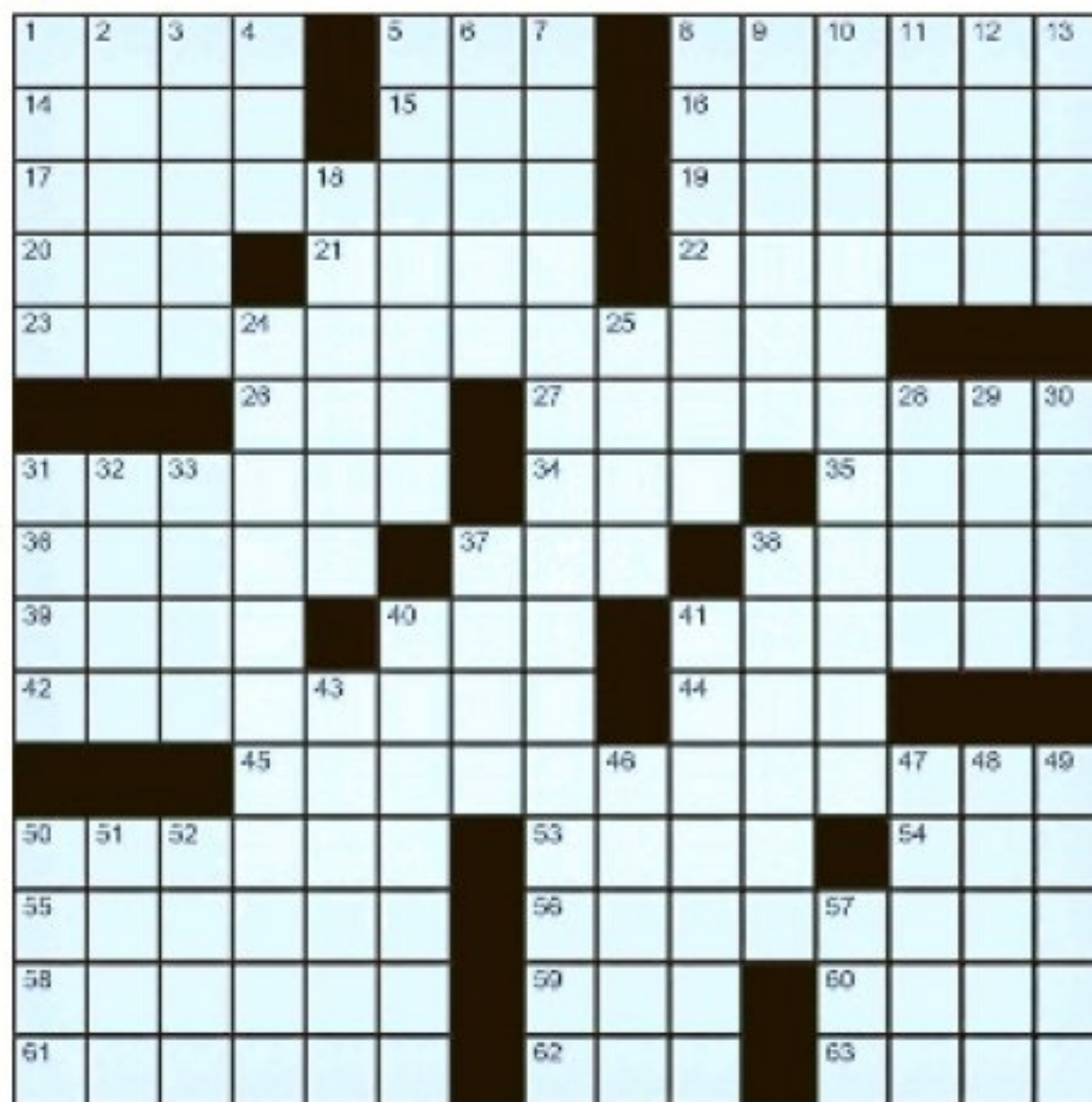
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Canadian as Cdn.
5. ___-relief
8. Premier of the Province of Canada, from 1854 to 1856, Sir Allan ___ (b.1798 - d.1862)
14. Stethoscope sound
15. L'il Edmonton transport
16. Getting ___ (Employee's wish)
17. Neil Peart's time to shine: 2 wds.
19. Stuff in tea
20. Olympic sprint champion from Jamaica ...his initials-sharers
21. "Trainspotting" (1996) star Mr. Bremner
22. "Insensitive" songstress Jann's
23. First day of Lent: 2 wds.
26. Madness: "___ House"
27. Tracked toy racers: 2 wds.
31. Turbulent
34. Golf standard
35. "Drive thy business ___ will drive thee." - Benjamin Franklin
36. Pulls on
37. Classify
38. Oscar-winning actress Jessica
39. Nero's 591
40. Chairman Mao's military gr.
41. Like some not-suitable-for-all movies: wd. + letter
42. Where to find "Savoy Truffle" on The Beatles' 'White Album': 2 wds.



44. Pub drink
45. Terrain in "Bud the Spud" by Stompin' Tom Connors: 3 wds.
50. Celebrated
53. Triple letters here
54. Journey's "___ Way You Want It"
55. Poet T.S., and surnamesakes

56. Belonging to Edmonton's locale
58. Beside: 2 wds.
59. Gladiator's 551
60. ___ Space Museum of Calgary
61. Begins to take effect: 2 wds.
62. Roosted
63. Choir-performed

tune

DOWN

1. Per ___ Ad Astra (Through adversity to the stars)
2. Digs
3. Makeup kit item
4. A.m.e.r.i.c.a.n. b.a.n.d.

5. Fluff-the-hair
6. "Over the Rainbow" co-composer Harold
7. Neolithic artifacts: 2 wds.
8. Bull's bane in Spain
9. Mount ___ (Biblical peak for Noah)

10. Like chocolate-in-the-middle Smarties
11. "The Whole ___ Yards" (2000)
12. Pet Shop Boys hit: "It's ___"
13. Stiller and Afleck
18. No-___ (Biting midges)
24. Construction site footwear, fun-style: 2 wds.
25. Smelting waste
28. "Rule, Britannia" composer
29. John ___ (Lorna Doone's beloved in literature)
30. "The Best of Times" band
31. Director Mr. Pollack, et al.
32. Danny DeVito sitcom
33. Post-vinyl music's whereabouts: wd. + acr.
37. Promote
38. Nan A. ___ (Book publisher)
40. Fish, in Fabreville
41. Welsh ___ (Melted cheese-on-toast dish)
43. "Tutti ___"
46. ___ story (Narrate)
47. "Ahoy, ___"
48. Make munitions-less
49. Vacuum brand
50. Marshes
51. Sailor's sheltered side
52. Combined/blended, archaically
57. "Way to go!"

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be careful, because today you are tempted to do something rash. Heads up! Get centered and get a hold of yourself so you don't do something you later regret.

Taurus April 21 - May 21
You feel restless today. The important thing to know is that this is just a temporary vibe that will grab you by the throat. Don't worry about it, because this will be gone by tomorrow.

Gemini May 22 - June 21
Quite likely, a friend will say or do something that surprises you or catches you off guard. Be ready for this. Remember: Count to five before you react.

Cancer June 22 - July 23
A discussion with a boss or parent will be unusual today. He or she might throw you a curveball or do something you don't expect. (Don't quit your day job.)

Leo July 24 - Aug. 23
Travel plans will change today, or they might be canceled or delayed. On the other hand, you might suddenly have to travel even if you didn't expect to do so. Stay flexible today.

Virgo Aug. 24 - Sept. 23
Double-check all details concerning inheritances, shared property, taxes, debt and insurance issues, because something might change suddenly. Be sure you know what's happening.

Libra Sept. 24 - Oct. 23
A partner or close friend might act weird or unusual today, or perhaps he or she will have a strange request. Don't overreact — whatever happens will be history in a few days.

Scorpio Oct. 24 - Nov. 22
Your work routine will change today because of something unexpected. Staff shortages, computer crashes, equipment breakdowns and canceled appointments are just some examples. Steady as she goes.

Sagittarius Nov. 23 - Dec. 21
This is a mildly accident-prone day for your kids, so be vigilant. Likewise, romantic couples might have a spat. This is a minor influence, but it's there. Keep your eyes open.

Capricorn Dec. 22 - Jan. 20
Your home routine will be interrupted today. Small appliances might break down, or minor breakages could occur. Someone unexpected might knock on your door.

Aquarius Jan. 21 - Feb. 19
Surprise news might reach you today, or someone close to you might do something unexpected. On the upside, you can think outside of the box and dream up good ideas.

Pisces Feb. 20 - March 20
Watch your money and cash flow today, because you might find money or you might lose money. Similarly, guard your possessions against loss or theft.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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7	6	8	3	5	1	4	9	2
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5	4	6	7	1	3	2	8	9
8	9	4	1	3	2	6	7	5
3	7	2	6	9	5	8	4	1
6	1	5	8	4	7	9	2	3



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